



ISDH HIPAA Implementation on Target

Deputy Commissioner Michael Hurst announced formation of the Indiana State Department of Health Office of HIPAA Compliance on January 22. The assigned task of the new office is to bring the agency into compliance with the federal Health Insurance Portability and Accountability Act (HIPAA). Chris Mickens has been named director of the new HIPAA office.

"Chris is an excellent fit for the position, as she has been the agency's point of contact and leader in ISDH's HIPAA compliance activities for the last several years," Hurst said.

Directly ahead is an important date. All entities covered by HIPAA must meet an April 14, 2003 deadline for implementing HIPAA privacy requirements. ISDH staff are working productively in anticipation of meeting that deadline. One of the privacy requirements is appointment of a Privacy Officer to field inquiries, complaints, and conduct investigations. The hiring process is underway.

An ISDH HIPAA task force was formed in 2001 to fulfill other requirements. Task force members include representatives from Information Technology, Office of Legal Affairs, the HIPAA Office, and from HIPAA-impacted program areas. Task force members assisted in the development and preparation for distribution of the



CHRIS MICKENS (right), who was recently appointed director of the Indiana State Department of Health's Office of HIPAA Compliance, reviews ISDH's HIPAA privacy compliance status with **BURTON GARTON**, Office of Legal Affairs, who has provided legal assistance throughout development of HIPAA procedures and documentation.

Notice of Privacy Practices (NPP) to all ISDH-impacted programs required to comply with the privacy rule (HIV, Children's Special Health Care Services, Renal, Breast and Cervical Cancer Program, and Hemophilia). Those notices are scheduled for delivery to patients in March and early April. In addition to advising patients of their privacy rights, it is expected the notices will raise awareness regarding patient rights within programs that are not impacted by HIPAA. Programs not impacted by HIPAA should anticipate an increased number of calls from participants regarding their privacy rights. In those cases, Indiana law determines the level of accessibility to patient information.

Procedures and forms are being developed to address inquiries, authorizations, and complaints from patients. HIPAA sets timelines for inquiry response, and the HIPAA

office is working to ensure that procedures are in place since response to notification of injury may require involvement from program areas and legal staff. In addition, any information regarding investigations or complaints is subject to record retention periods.

Privacy training for all of ISDH's work force is scheduled for late February. This training will include the status of the agency's HIPAA activities,

an overview of privacy requirements, and the NPP distribution schedule. This information will be useful for all ISDH areas – even if they are not covered by the HIPAA regulations. All ISDH employees will be encouraged to take this opportunity to learn more about the impact of HIPAA on their area.

Another important deadline is the October 16, 2003 deadline for Transaction and Code Set Compliance. To implement the required standard for data formats and code sets used in processing health care transactions, ISDH began development of an Information Technology system (ACAPS) in February 2002. The requirements have a direct impact on agency programs like Children's Special Health Care Services and HIV.

"Although there is much left to do, the ISDH is now entering into the final stages of HIPAA compliance for privacy," Mickens said.

WIC Support for Breastfeeding Pays Dividends

Women, Infants, and Children program (WIC) support for breastfeeding is producing changes at WIC clinics, at the State Department of Health offices, and most importantly, for breastfeeding women at numerous private employer work sites.

Alone, the simple fact that breast feeding cuts the risk of infant mortality is sufficient reason to actively support the practice, according to Sharon Farrell, Breastfeeding Coordinator for the Indiana State Department of Health's Women, Infants, and Children (WIC) Program.

"Breastfeeding has been established as an independent variable for reducing infant mortality among all groups of mothers, whether they're smokers, drinkers, or engage in other risky behaviors," Farrell said.

"Medical research has determined that breastfeeding is the best source of nutrition for infants, providing a range of benefits for the infant's growth, immunity, physical development, and cognitive development," Farrell added.

The implication is that breastfed babies are healthier babies who become healthier adults, and to Farrell, healthy babies mean strong families and communities and lower health care costs for families, employers, and government agencies.

The Surgeon General's Healthy People 2010 breastfeeding goal is 75 percent. In 2000, 58 percent was the overall hospital discharge rate for Hoosier mothers who were breastfeeding their infants, with whites at 60.2 percent, blacks at 38.1 percent, and others at 74.3 percent, according to data collected by ISDH.

Farrell says that working mothers face a barrier to nursing when separated from their infant while working. The solution to permit continued nursing is to support the mother's ability to extract her breast milk in privacy during the time away from the child. WIC clinics have been providing manual breast pumps to working mothers, and to mothers who are sick.

Farrell says support for working mothers is about to take a turn for the better because the WIC program is start-



BREASTFEEDING COORDINATION PROGRAM team consists of Grace Clark (left) who assists Sharon Farrell (right).

ing to distribute thousands of manual breast pumps, to be followed shortly by distribution of 260 electric pumps. The electric pumps will go to those mothers in greatest need and will be distributed to approximately 150 WIC clinics across the state. The plan is for the clinics to loan the pumps to nursing mothers, who, almost without exception, have used WIC prenatal services.



FIRST LADY JUDY O'BANNON (right) observes a young mother (center) talk about her successful breastfeeding experience at ceremonies honoring Methodist Hospital as Indiana's first hospital and the nation's first large hospital to receive the *Baby Friendly Hospital* designation on December 12. Tina Babbitt, Clarian Health (left), serves with ISDH's Sharon Farrell on the Breastfeeding Committee of the Indiana Perinatal Network. The Perinatal Network, which receives ISDH funding support, has been instrumental in working with Methodist Hospital to encourage breastfeeding from the start. The prestigious *Baby Friendly Hospital Award* is made jointly by the World Health Organization and Unicef.

Photos by Daniel Axler

According to Farrell, most low-income working mothers face a special barrier because, more often than not, their places of employment don't offer time or privacy for extracting their milk.

Privacy can be a major obstacle when an employer has not previously designated a place where a mother is able to use a breast pump. However, Farrell says the issue can often be comfortably

and tactfully negotiated with the support of one of the 37 International Board Certified Lactation Consultants (IBCLC) working at one of 13 special regional WIC clinics where the specialists have offices.

Farrell says that success stories abound. One example, a women employed at a bank in Brown County, who is willing to have her story told, received special accommodations and is pumping twice a day. Her example has convinced her boss, who became pregnant to also breastfeed.

In Marion County, Farrell says that Brylane is an employer that has allowed employees to breastfeed for the last 15-20 years and has provided space, a large breast pump, and a refrigerator.

However, all stories do not have happy endings, which points up the continued need for IBCLC services, according to Farrell. Take the case of a Steuben County low-income working mother whose child could not tolerate any formula.

"Her boss refused to let her breastfeed so she quit her job to save her child," Farrell said.

Farrell, a registered dietitian, says she has always been interested in supporting breastfeeding. She says she began to look for ways to increase her expertise on her job at ISDH a few years ago. The solution for her was to pursue certification as an International Board Certified Lactation Consultant, which required a 30-hour course and 2,500 hours of experience, some of which she already had as a WIC employee and some of which she acquired on an earlier job at a WIC clinic where she performed breastfeeding consultation, promotion, and education functions. To make up the difference, she volunteered as a consultant on weekends. She became board certified in 2001.

Farrell's timing coincided perfectly with the ISDH WIC program intensification to support increased breastfeeding in Indiana.

Farrell attributes much of the early success of the program to Nancy Meade, Maternal and Child Health, who got ISDH's breastfeeding educational program started in the early 1990s.

Office of Rural Health Plans 'Caregiving in Uncertain Times' Workshop Series

The Office of Rural Health, together with Purdue University's Breaking New Ground Resource Center, are sponsoring a workshop series, *Caregiving in the Heartland 2003—Caregiving in Uncertain Times*, which will offer information and planning assistance to caregivers and emergency response personnel.

Workshop topics will cover effective ways to handle traditional caregiving issues, like managing stress, taking care of the caregiver, financial planning, and guidance in using social services. Topics addressing emergency response will include the need for family involvement in emergency planning, responding to the needs of persons with disabilities during crises, utilizing 911 services, and how to prepare for, respond to, and recover from a variety of other emergency situations.

Attendance is recommended for:

- Family caregivers
- Professionals involved in caregiving
- People with disabilities
- Emergency medical personnel
- Local emergency planning staff
- Fire rescue personnel
- Nurses
- Police officers
- Home health professionals, and
- Social workers

Breaking New Ground

Since its inception in 1979, the Breaking New Ground Resource Center in Purdue's Department of Agricultural & Biological Engineering has become widely recognized as the primary source for information and resources on rehabilitation technology for persons working in agriculture.

Each one-day workshop includes three keynote presentations and three concurrent workshop sessions. Each workshop features exhibits and a free "Brown Bag Pharmaceutical Check," sponsored by Butler University School

of Pharmacy, to assess attendee medications for possible interactions and discuss medication questions.

A \$20 registration fee will cover lunch, breaks, and handout material. A \$5 late fee can be avoided if registration is received before the registration deadline.

March 6: Terre Haute

(registration deadline, 2-27-03)

March 25: Connersville

(registration deadline, 2-27-03)

March 27: Lafayette

(registration deadline, 2-27-03)

April 10: Bedford

(registration deadline, 2-27-03)

April 17: Tell City

(registration deadline, 2-27-03)



CLICK HERE
for conference information
and conference registration form
at Webpage: [http://
abe.www.ecn.purdue.edu/ABE/
Extension/BNG/
Outreach%20Program/
Caregiver%202003.htm](http://abe.www.ecn.purdue.edu/ABE/Extension/BNG/Outreach%20Program/Caregiver%202003.htm)

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Express, NewsLink Offer Direct Internet Links

Now, the click of a mouse is all it takes to directly access Web sites related to story content in the *Express* and *NewsLink*.

For example, in the last issue of the *Express*, a Web site address included with the story on the LaPorte County bicycle route signage system is linked to a local LaPorte County Web site detailing each of the 20 bicycle routes with separate copies of maps for each. Merely clicking on the link text in the article takes the reader directly to the Web page or pages referenced.

What's responsible for the change? It started with a determination to sidestep the difficulty encountered in reaching usable information referenced in an article on the Earned Income Tax Credit, intended to help employees get all the

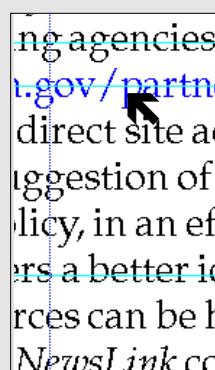
money they earned. The story was featured in the last monthly *Inside Story* insert.

Helpful information at the IRS Web site was buried five menus deep—enough to discourage at least a few readers. So, we conducted the necessary research to learn how to establish a link from the PDF file directly to the desired Web page, which has a relatively long address.

In this issue, the *NewsLink* contains a link in the article on *Healthy People 2010* to a vast resource directory loaded with technical and descrip-

tive how to do it information to assist local groups to implement their own *Healthy People 2010* plans.

Whenever possible, we will attempt to create the links.



A MOUSE CLICK ON
BLUE HIGHLIGHTED
TEXT will take readers
directly to the refer-
enced Web site.

Oral Health and I.U. Dental School Team-Up to Provide Indigent Care

The Office of Oral Health and the I.U. School of Dentistry, with I.U.P.U.I. support, have pooled resources to purchase and operate a specially outfitted mobile van that will provide dental services to indigent kids across Indiana. The van is much like the *Smile Mobile* operated by the Marion County Health Department.

Dental van services will be oriented toward preventive care, including dental exams, the application of sealants, or fluoride varnishes, and bite-wing x-rays when needed. Attempts will be made to network those children served with local dentists for continuing regular exams and care as needed.

Although the new van will be operated within a not-for-profit structure, the effort

is slated to become self-sustaining through a sliding fee scale for those children not insured by Medicaid or Hoosier Healthwise.

Lynda Howard, the Dental School program manager who is helping coordinate scheduling of the van, says that the van has already been booked through the month of May 2003. She says services are scheduled throughout Indiana, including Lake and St. Joseph counties in the north and Crawford County in the south. Howard says that in the fall of 2003, as a part of their curriculum, all fourth-year dental students will be scheduled for a week of van service under supervision of I.U. Dental School faculty. Until then, 35 fourth-year student volunteers, together

with faculty, will be providing the services. The van contains two dental chairs and four portable chairs that will be set up at school locations.

According to Mark Mallatt, D.D.S., director of ISDH's Office of Oral Health, more than 90 Indiana dentists, who are members of the Indiana Dental Association (IDA), will be volunteering their services across Indiana in the *Give Kids a Smile* event, scheduled on *National Children's Dental Access Day*, February 21. A committee of the IDA is providing scheduling support. The I.U. School of Dentistry is making 24 operatories at the school available to the IDA dentists, and the new dental van is also scheduled to start its service in conjunction with the event.

Smallpox Communication Efforts Continue

The Indiana State Department of Health continued its bioterrorism communication initiatives on Friday, January 31, with the "Smallpox Seminar for First-Responders" telecast. The program, offered through the Indiana Higher Education Telecommunications System (IHETS), featured ISDH veterinary epidemiologist James Howell, D.V.M., and a panel of experts from the State Emergency Management Agency and the Indiana State Police.

During the first segment of the telecast, Howell provided information about the smallpox disease process, issues of smallpox vaccination, possible reactions to the vaccinia virus used to inoculate against smallpox and other topics related to emergency response to a smallpox outbreak. The program also gave first responders information about Indiana's Smallpox Pre-Event Vaccination Project.

In the second half of the program, viewers used a toll-free telephone hookup to address their questions to the panel, which included Mike Bigler, chief deputy state fire marshal; Mike Garvey, emergency medical services director, State Emergency Management Agency; Major Monte McKee, Indiana State Police commander; and Howell.

Professional organizations including the Indiana Association of Fire Chiefs, the Firefighters Union, the Sheriffs Associa-

tion, and the Indiana Association of Police Chiefs assisted ISDH by distributing advance information about the program to their members, who viewed the telecast at nearly 70 IHETS downlink locations across the state. Participants included emergency medical services, fire



EXPERT PRESENTERS offer specialized information on smallpox to first responders in IHETS statewide telecast. They are (l. to r.) Mike Garvey, director, Emergency Medical Services; Major Monty McKee, Indiana State Police; and ISDH Epidemiologist Jim Howell, D.V.M. Chief Deputy State Fire Marshall Mike Bigler, also presenting, is not shown. Andrew Zirkle, ISDH Office of Public Affairs (far right), moderates. Photo clips edited by Dennis Rediker

point. That's why each person's pre-screening process is so important," Howell said. "Everyone who is considering volunteering for smallpox vaccination must carefully weigh the risks and benefits of receiving the vaccine. For some in certain medical situations or who have family members in these situations, the vaccination carries considerable risks."

The "Smallpox Seminar for First-Responders" program is Webstreamed on the Indiana State Department of Health Web site, so that first responders who were unable to view the live program can access the information. To locate the program, visit the Web site at www.IN.gov/isdh/bioterrorism/smallpox.

department, and law enforcement personnel.

First responders would be eligible to volunteer for vaccination in Phase Two of the president's national smallpox vaccination program. Phase One includes only members of Public Health Response Teams and Health Care Response Teams. Public Health Response Teams would investigate potential smallpox cases and Health Care Response Teams would treat suspected cases of smallpox.

In his presentation, Howell emphasized the confidentiality of a person's smallpox vaccination decision.

"It simply isn't appropriate for everyone to volunteer for vaccination at this



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Express

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Seven Health Departments Hold Heart Health Seminars in February

A heart health seminar has been scheduled during the month of February by seven local health departments.

Seminar topics include heart disease, obesity/overweight, nutrition, physical activity, diabetes, and smoking. Health screenings, like cholesterol, blood pressure, glucose, height/weight, and bone density are scheduled for many of the health seminars.

The seminars have been made possible through grants awarded by the Office of Women's Health (OWH) at the Indiana State Department of Health and in collaboration with the Indiana Commission for Women (ICW). A total of \$55,946.50 was awarded for programming to raise women's awareness of cardiovascular health and related health issues.

The awards were made to a total of 15 local health departments for the 2002-2003 grant cycle.

The grants support a single-day event to raise awareness of cardiovascular health and related health issues targeting underserved women in each of the communities where they have been scheduled.

The grants range in value from \$2,430 to \$4,000.

Heart disease is the leading cause of death among both men and women in Indiana, as well as the entire United States. Over 60 percent of women believe their biggest health threat is breast cancer, although heart disease kills 6 times as many women as breast cancer. One in ten American women age 45 to 64 has some form of heart disease, and this increases to one in five women over age 65.

February schedulings include these county health departments and dates: Elkhart (2/8), Monroe (2/8), Marion (2/10), Ripley (2/13), Floyd (2/15), Owen (2/22). The City of Hammond has scheduled its seminar for February 28. Seminars have been scheduled by Putnam County for March 4 and 12, and by St. Joseph County for May 10.

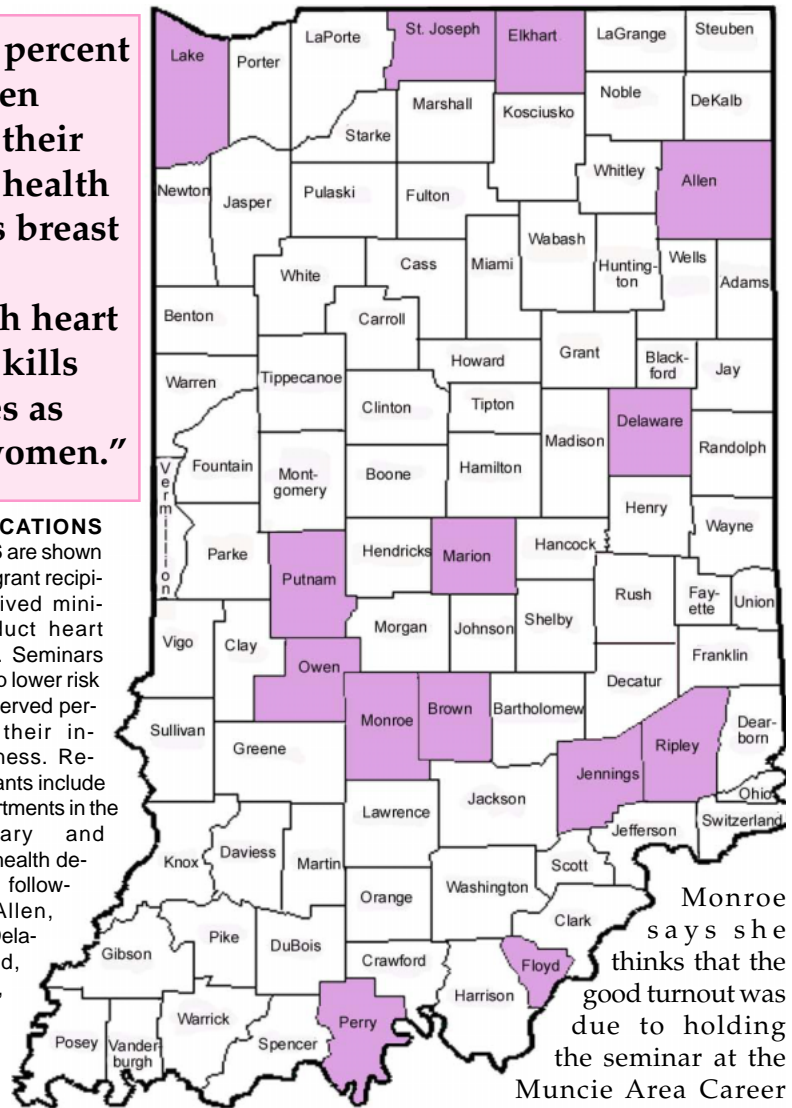
"Over 60 percent of women believe their biggest health threat is breast cancer, although heart disease kills six times as many women."

SEMINAR LOCATIONS IN 14 COUNTIES

are shown (right) where 15 grant recipients have received mini-grants to conduct heart health seminars. Seminars are funded to help lower risk factors of underserved persons through their increased awareness. Recipients of the grants include local health departments in the cities of Gary and Hammond, and health departments in the following counties: Allen, Brown, Elkhart, Delaware, Floyd, Jennings, Marion, Monroe, Owen, Perry, Putnam, Ripley, and St. Joseph.

County health departments holding seminars prior to February 2003 include Allen County (October 2002), Delaware County (November 2002) and Jennings County (January 2003). Local health departments yet to schedule their seminar include those in the City of Gary and the Perry County Health Department.

Anne Clamme Monroe, nurse supervisor at the Delaware County Health Department, says that approximately 50 persons attended their seminar, which also included bone density scans, glucose screenings, and consultation with a nurse.



Monroe says she thinks that the good turnout was due to holding the seminar at the Muncie Area Career Center, a well known landmark on a bus line close to the neighborhoods where the target audience of low-income persons resides.

Monroe says that the event was publicized with flyers posted at area grocery stores, churches, clinics, and with an ad in the local newspaper.

Rather than schedule the Heart Health seminar for February, with its Valentine's Day association, Monroe says it was scheduled for November in advance of the holiday season, which is often associated with ill health produced by overindulgence.

Healthy People 2010 Goals, Objectives (Re)visited



The last issue of the *NewsLink* offered an outline overview of resources to help local partners reach *Healthy People 2010* Goals. Each item of the outline is accessible at the Web site assembled by a consortium of national health serving agencies, at <http://nnlm.gov/partners/>. (click for access)

Below is an overview provided by the Centers for Disease Control and Prevention of the goals, focus areas, and leading health indicators that are an integral part, and a starting place, for planners to make assessments and begin to develop local objectives and prioritize where resources may be effectively applied.

As a starting point, it seems worthwhile to visit or revisit the goals, and the focus areas, each of which affects the overall quality of individual physical and mental health.

Healthy People 2010 builds on initiatives pursued over the past two decades starting with the Surgeon General's report of 1979.

Created by scientists with input from health care professionals, both inside and outside of government, *Healthy People 2010* identifies a wide range of public health priorities and specific measurable objectives.

Overarching Goals

The Centers for Disease Control and Prevention, defines the overarching goals of *Healthy People 2010*:

1. Increase the quality and years of healthy life.
2. Eliminate health disparities among all groups.

Focus Areas

In support of these goals, focus areas have been developed where incidence levels, planning attention, and

progress can be measured objectively. They are:

1. Access to Quality Health Services*
2. Arthritis, Osteoporosis*, and Chronic Back Condition
3. Cancer*
4. Chronic Kidney Disease
5. Diabetes
6. Disability and Secondary Conditions
7. Educational and Community-Based Programs
8. Environmental Health*
9. Family Planning*
10. Food Safety*
11. Health Communication
12. Heart Disease and Stroke*
13. HIV*
14. Immunization and Infectious Diseases*
15. Injury and Violence Prevention*
16. Maternal Infant and Child Health*
17. Medical Product Safety
18. Mental Health and Mental Disorders
19. Nutrition and Overweight*
20. Occupational Safety and Health
21. Oral Health*
22. Physical Activity and Fitness*
23. Public Health Infrastructure*
24. Respiratory Diseases
25. Sexually Transmitted Diseases*
26. Substance Abuse
27. Tobacco Use*
28. Vision and Hearing

10 Leading Health Indicators

According to the CDC, as a group, the Leading Health Indicators reflect the major health concerns in the United States at the beginning of the 21st century. They were selected on the basis of their ability to motivate action, the availability of data to measure progress, and their importance as public health issues.

Each of the 10 Leading Health Indicators is associated with one or more objectives from *Healthy People 2010*.

The leading health indicators are:

- Physical Activity
- Overweight and Obesity
- Tobacco Use
- Substance Abuse
- Responsible Sexual Behavior
- Mental Health
- Injury and Violence
- Environmental Quality
- Immunization
- Access to Health Care

For local planning groups, studying the array of focus areas and what leading indicators disclose about a community's health seems essential information to establish objectives for local programs that will impact health.

In upcoming issues of the *NewsLink*, approaches that include discussion of objectives and implementation strategies that have been suggested by members of the national health care consortium will be reviewed.

* focus areas addressed by ISDH programs

Caine Elected APHA President



Dr. Caine

Members of the American Public Health Association have elected Virginia Caine, M.D. as their president for 2003-2004.

President-elect Caine, who is director of the Marion County Health Department and an associate professor of medicine in the division of infectious diseases at the Indiana University School of Medicine, was elected at the 130th annual APHA membership meeting held in November. Dr. Caine will assume the presidency immediately following the 131st annual meeting to be held in November 2003.



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